

strength in the hardened condition which is less than 1.2 N/mm² and less than that of the sub-floor (10).

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15. A floor according to Claim 14, wherein the shear strength of the adhesive is from 0.6 to 1.0 N/mm².
16. A floor according to Claim 14, wherein the adhesive is comprised of a reaction-type resin which hardens upon exposure to water.
17. A floor according to Claim 16, wherein the resin is a polyurethane or polyurethane hybrid resin.
18. A floor according to Claims 14, wherein the adhesive is comprised of modified silicone polymers.
19. A floor according to Claim 14, wherein the adhesive in the hardened condition has a Shore (A) hardness of 20 to 35.
20. A floor according to Claim 14, wherein the adhesive in the hardened condition has a break elongation (strain at break) of 300 to 1000%.
21. A method for adhering floor covering elements (16) of wood or wood materials to a sub-floor (10), comprising applying to said sub-floor and to the surface of said floor covering elements to be adhered an adhesive which hardens to a shear strength of less than 1.2 N/mm².
22. A method as in claim 21, wherein said adhesive hardens to a shear strength of 0.6 to 1.0 N/mm².

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23. A method as in Claim 21, wherein said sub-floor is comprised of cement, concrete or dry-construction plates.
24. A method as in Claim 21, wherein the adhesive (12) is applied with a layer thickness of 0.5 to 5 mm.
25. A method as in Claim 21, wherein the adhesive is a polyurethane or polyurethane hybrid which hardens upon exposure to water.
26. A method as in Claim 21, wherein the adhesive is a one component modified silicone polymer.
27. A method for adhering floor covering elements (16) of wood or wood materials to a sub-floor (10), comprising applying to said sub-floor and to the surface of said floor covering elements to be adhered an adhesive which hardens to a shore hardness (A) of 20 to 35.
28. A method as in Claim 27, wherein said sub-floor is comprised of cement, concrete or dry-construction plates.
29. A method as in Claim 27, wherein the adhesive (12) is applied with a layer thickness of 0.5 to 5 mm.
30. A method as in Claim 27, wherein the adhesive is a polyurethane or polyurethane hybrid which hardens upon exposure to water.
31. A method as in Claim 27, wherein the adhesive is a one component modified silicone polymer.